

# Forth Valley Men's Shed

You can expect a warm welcome and a cuppa whenever you visit



**Forth Valley Men's Shed is free to all Men aged 18 and over**

**We are a non profit making organisation run by volunteers providing a safe, friendly and inclusive environment for men from all backgrounds to socialise , make new friends, learn new skills, share existing skills and participate in projects and activities of their choice.**

## **Benefits include**

- **Free Tea & Coffee**
- **Free Workshop & Materials**
- **Meeting like-minded Men**
- **Help & support with tablets & technology**

**We meet every Monday between 10-12 ,  
The Hub, The Whins, Alloa. FK103SA  
forthvalleymensshed@gmail.com**

**Members can then use our facilities Monday to Saturday  
10-4\***

\*Subject to completion of workshop induction